

HAPPINESS

by Nyanabhadrā

“

Your body is precious, it is our vehicle for awakening, treat it with care.

-The Buddha

it is
time
to
rest

KUALITAS TIDUR



SMILE

Smile

OLAH RAGA



LISTEN TO YOUR BODY



JUNK FOOD VS HEALTHY FOOD

Junk Food V's Healthy Food



GADGETS ADDICTION



“

The Mind is everything,
what you think you become!

-The Buddha

CHOOSE TO BE HAPPY



SENSE OF HUMOR



RANDOM ACT OF KINDNESS



VOLUNTEERS



WHERE IS HAPPINESS?



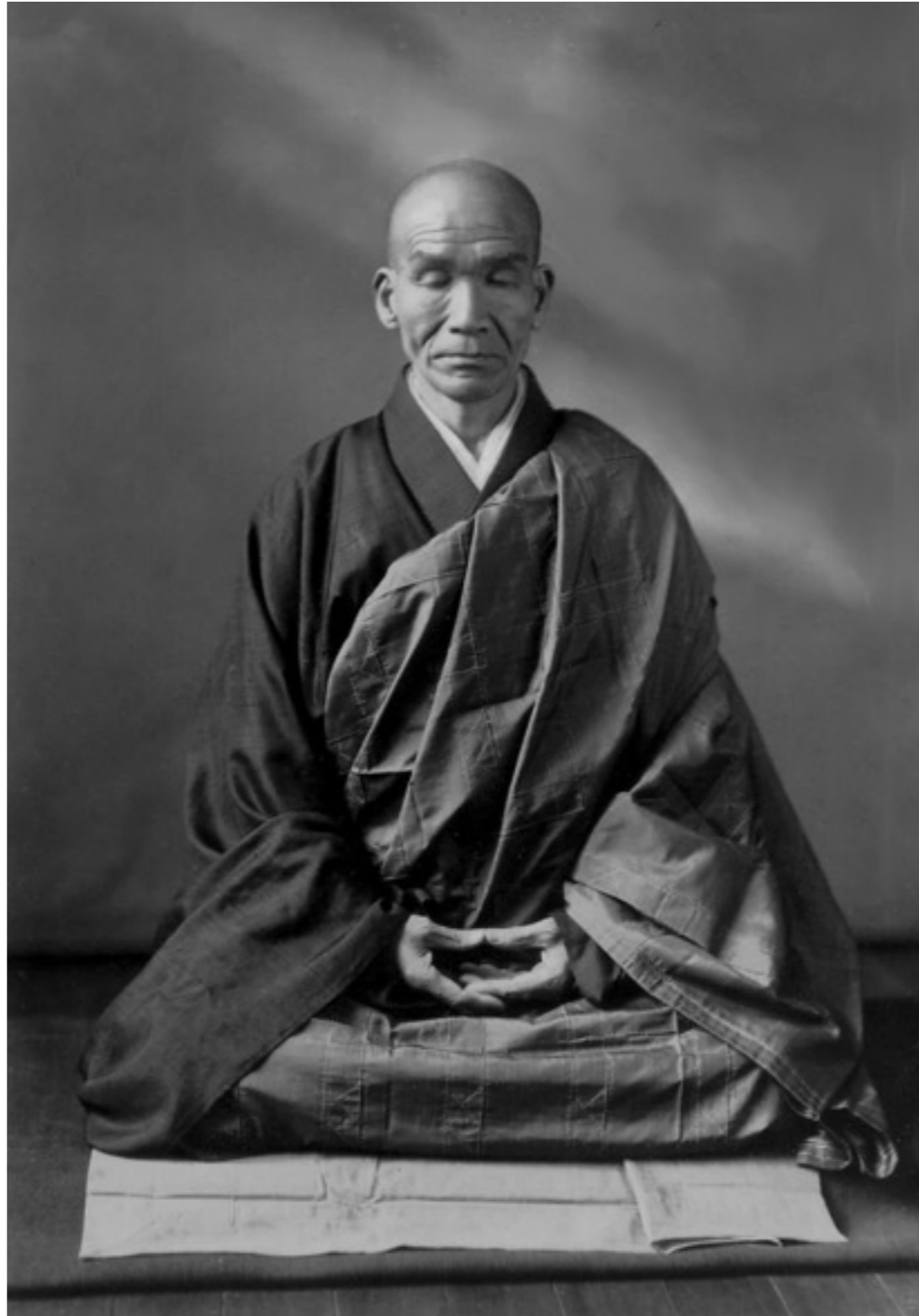
TRUE HAPPINESS IS NOT



HABIT OF HAPPINESS



MEDITATE





healthy
body

+



healthy
mind

=



happy
life

Thank
you